

## Learn the Signs. Act Early.

**T**he journey of your child's early years includes many developmental milestones for how he or she plays, learns, speaks, and acts.

Look inside to learn what to look for in your child. Talk with your child's doctor about these milestones.

Not reaching these milestones, or reaching them much later than other children, could be a sign of a developmental delay.

*If you have concerns about your child's development and live within the greater Sacramento Area, here is who you can call for further support:*

### WarmLine Family Resource Center

Parent Training and Information Center  
916-455-9500 or 1-844-455-9517  
warmlinefr.org

### Family SOUP

Serving Yuba, Sutter, and Colusa Counties  
530-751-1925  
familysoup.org

### Alta California Regional Center

916-978-6400  
altaregional.org



### Centers for Disease Control and Prevention

www.cdc.gov/ActEarly  
1-800-CDC-INFO

## Special Education Local Plan Areas (SELPA)

### Sacramento County Office of Education - SELPA

916-228-2500  
scoe.net/services/id510/Pages/default.aspx

### Elk Grove Unified School District - SELPA

916-686-7780  
blogs.egusd.net/specialed/

### Sacramento City School District - SELPA

916-643-9163  
scusd.edu/special-education

### San Juan Unified School District - SELPA

916-971-7525  
sanjuan.edu/Page/292

### Folsom Cordova Unified School District - SELPA

916-294-9007  
fcusd.org/Domain/637

### Placer County Office of Education - SELPA

530-886-5873  
placercoc.k12.ca.us/departments/selpa/Pages/default.aspx

### Yolo County - SELPA

530-668-3787  
www.ycoe.org/selpa

### Colusa County Office of Education - Special Education

530-473-1350  
ccoe.ss9.sharpschool.com/departments/special\_education

### El Dorado County Office of Education - SELPA

530-295-2228  
edcoe.org/educational-services/

### Nevada County - SELPA

530-265-0611  
nevco.org/programs-services/special-education/selpa/

### Sierra County - SELPA

530-993-4485  
sierracountyofficeofeducation.org/selpa/

### Sutter County - SELPA

530-822-2900  
www.sutter.k12.ca.us/Departments/SpecialEducation/

### Tahoe Alpine - SELPA

530-541-2850 ext.1026/1048  
ltusd.org/departments/special\_services\_

### Yuba County - SELPA

530-749-4873  
yubacoe.org/Page/14

# Track Your Child's Developmental Milestones

*For parents of children from birth to 4 years*



Learn the Signs. Act Early.

*Your child's early development is a journey. Use this map of milestones to know what to look for along the way.*

*This brochure developed and provided by*



# Your Child's Early Development is a Journey

Check off the milestones your child has reached and share your child's progress with the doctor at every visit.



These are just a few of many important milestones to look for. For more complete checklists by age visit [www.cdc.gov/ActEarly](http://www.cdc.gov/ActEarly) or call 1-800-CDC-INFO.